



# JKA HAWAII NEWSLETTER

March & April 2020 / Vol. 24

## MESSAGE FROM SENSEI

**In my 40 years of practicing karate**, I learned all the karate skills and know-hows from numerous sensei whom I deeply respect. They have taught me slightest details, such as how to move hands, position feet, and even how to shape fingers. Throughout my training of becoming a Japan Karate Association official instructor, I not only studied karate skills, but also the philosophy of karate and how to reflect them to become a better human being. Now, it is my job to teach these lessons to my students. I currently train over 60 students at my dojo, yet I feel the need to be trained constantly. Better yet, I also learn a lot from training my students. Karate will make its first appearance at the 2020 Summer Olympics in Tokyo. While I am glad that people around the world will have a chance to watch karate, I strongly feel that karate is not just a sport. Karate is a martial art, and I would like to teach many young students something more than just karate skills.

## JOINT PRACTICE WITH NITTDAIDAI (日体大) NIPPON SPORT SCIENCE UNIVERSITY

Since being founded in 1891, Nippon Sport Science University, or Nittaidai, has led the promotion and development of physical education and sports in Japan. The school is known for the many famous athletes among its alumni. The Nittaidai Martial Arts Department was in Hawaii to present a martial arts exhibition and workshop held at Waipahu High School. JKA Hawaii had the wonderful opportunity to practice with its karate club on Saturday, Feb. 8, 2020 at a UH Klum Gym.



## JKA HAWAII KARATE DEMONSTRATIONS AT ST. PATRICK SCHOOL / FEB. 22, 2020



## UPCOMING EVENTS

- Saturday, March 14: Asaren (Beach Training) at Magic Island / 6:30 am - 8 am
- Saturday, March 21: Kyu Exam (Belt Test) at Hawaii Kai Dojo / 10:30 am to end
- Friday, March 27: Instructor and Advanced Training at Waikiki Dojo / 6 pm - 8 pm Room #202E
- Saturday, April 18: 12th Annual JKA Hawaii Spring Club Tournament in Honolulu, (Hahaione Elementary School, Time: 8 am).
- Friday, April 24: Instructor and Advanced Training at Waikiki Dojo / 6 pm - 8 pm Room #202E
- Monday, May 25: In observance of Memorial Day, Waikiki Dojo class will be canceled.
- Friday, May 29: Instructor and Advanced Training at Waikiki Dojo / 6 pm - 8 pm Room #202E

ANY QUESTION? Please email us at [info.jkahawaii@gmail.com](mailto:info.jkahawaii@gmail.com)



Please follow JKA Hawaii Instagram @jka\_hi

Want to be on our Instagram? Please send us your karate photos/video clips to the email address below!

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## MEET JKA HAWAII KARATEKA: Hannah Lenander - 3rd Kyu

**Q. When did you start practicing karate?**

**A.** I started practicing karate when i was in 2nd grade (2015).

**Q. What made you start practicing karate?**

**A.** I joined because when I was younger, I liked watching movies and reading stories about tough

girls, so I asked my mom to sign me up for karate.

**Q. What do you like about karate?**

**A.** What I like about karate is learning new skills and self defense tactics, Also, when I achieve a new belt level.

**Q. Do you have a favorite kata?**

**A.** Yes, Heian Sandan—I like that kata because there is a wide variety of moves and stances to make the kata the way it is.

**Q. Besides karate, what do you like to do?**

**A.** I like to read, hike, and draw in my free time.

## PLEASE SAVE THE DATE!

12th Annual JKA Hawaii Spring Club Tournament in Honolulu / Saturday, April 18, 2020

## JKA SKDI SUMMER CAMP “Gasshuku 合宿” July 9 - 12, 2020 at Springfield College in Massachusetts

“Gasshuku” literally means “gathering together” or “training camp.” A gasshuku is a special live-in training designed to bring people together to improve their knowledge, skills, and abilities in karate. It is usually held for one week and includes daily in-depth practice sessions. At various points throughout the year, JKA karate schools hold gasshuku trainings.

The JKA of New York holds an annual summer gasshuku training that attracts participants from around the world. They invite at least two high ranked instructor from JKA Headquarters in Japan. For the past 40 years, sensei Maeda has participated in this training, where he still learns something new every year. Some of JKA Hawaii's karateka participated in the past NY Gasshuku, including senpai Wakana and senpai Thomas. If you are interested in participating in the JKA NY Summer Gasshuku, please talk to them. They will be happy to share their experience. Ossu!



## KARATE & ME - Anna Yamane

I wanted to practice karate since I was in elementary school, but I didn't have the opportunity until I was in college. I took the university karate course, then joined the university karate club, and finally ended up at Midwest Karate Association in Minneapolis. It was a huge part of my life. I enjoyed karate because of the focus on personal improvement. No matter our skill level, we can always improve a little.

I practiced karate for more than two years before I was hurt in an accident. At the time, I could hardly imagine going a couple months without practicing karate, but it took me five years to heal. For a while, I still went to watch my friends' belt tests and tournaments, but, slowly, karate became a memory.

Fifteen years later, I decided to try karate again. I found JKA Hawaii and went in to watch a class. I started later that week. I was terrified and embarrassed because I had forgotten so much. I thought it would be a long and difficult journey to return to karate, but it started coming back to me quickly with the support of our wonderful senseis and senpais and classmates. Some things even made more sense to me now as an adult. I'm really grateful that I decided to try karate again; it's a wonderful addition to my new life here in Hawaii. Even if I have to stop or move again, I can always join again when I'm ready.

## JAPANESE WORDS OF THE MONTH

### 今月の日本語

Seiza = Sit Down 正座

Mokuso = Meditate 黙想

Yame = Stop 止め

Shomen Ni Rei = Bow to the front 正面に礼

Otagai Ni Rei = Bow to the each other お互いに礼